

Getting Started: The Weigh to Go

Up to this point we haven't talked about your total weight because, frankly, it's not very important. The numbers on the scale tell only a small part of the story. What's really significant – and the reason we developed the *Walk This Weigh* program – is losing fat weight. That's why this is more an exercise program than a diet program.

If we were just concerned about losing weight, we would give you a diet. In fact, most people who go on diets do lose weight. But, 4 of 5 gain it all back within 1 year – and if they didn't exercise in the first place, they gain back a higher percentage of fat weight... so they're fatter than when they started! That's not what you want or need.

If you follow the *Walk This Weigh* plan you will lose fat weight. Within 30 days, your clothes will fit better, you'll look and feel better, and your general health will improve. What we can't promise is that your total weight will change – though many people do see a 2 to 5 pound overall weight loss from this program - more if you continue longer!

Tracking your progress

Log your activity on the Weekly Journal page. Tracking your activity is almost as important as your daily walk. Writing down your goals and accomplishments reinforces the habit and builds on each day's success.

At the beginning of each week, write the week number at the top of the page and the dates, by days of the week. Then write 1 or 2 simple, achievable walking and nutrition goals for the week. These can be any objectives you wish, as long as they're meaningful and attainable.


Record your time and distance in the Journal each day. Don't worry about a precise distance estimate,

Walk This Weigh benchmarks

Several markers are better indicators of your success than total weight. So in addition to stepping on the scale, take some time to record your starting point on the items on the chart below, as

well as where you are at the end of 30 days – after *Walk This Weigh*.

Take "before" and "after" full-body photos dressed in shorts and a T-shirt and tape or paste them below the chart.

Start Date: ____ / ____		30-Days Date: ____ / ____
	Weight	
	Waist	
	Chest	
	Hips	
	Thighs (total right & left)	
	1-mile walk time	

Before **After**

but try to keep accurate track of the minutes you walk.

The Walking and Nutrition spaces are for you to record your thoughts. You may want to note something interesting you observed on your route, how you felt while walking, a particular accomplishment for the day, or a new low-fat food you tried.

Don't skip logging your activity – even on the rare occasion when you don't fit a walk in, write it down in your Journal. Remember to comment in your notes why you missed walking that day.

What you can expect

Rome wasn't built in a day. And your slimmer, fitter, healthier *Walk This Weigh* body won't be either. It won't happen in a week, or a month. But if you walk as far as you comfortably can today and the next day, and the next – for 30 days, you will have less fat weight, look better, and feel better than you do today. If you choose to continue after the 30 days, the Wellness Center offers a 90-Day Log that can help you well after the program has ended. And the process will be far more enjoyable and long-lasting than just a diet.

Good luck!